MENTAL HEALTH CONSIDERATION DURING COVID – 19

A PANDEMIC DISEASE

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ABSTRACT – Coronavirus (COVID 19) is an infectious disease which has disturbed the entire health care system including doctors, nurses, and paramedical staff. The most critical difficulties for medical staff is caring for patients with known or suspected COVID-19 and ensuring staff individuals. As the number of COVID-19 cases quickens, nurses on the forefronts find themselves wind up settling on high-stakes choices for patients and their very own lives (including their family members). During this pandemic everyone is encountering pressure, dread, depletion, disconnection and continuous enthusiastic injury. This continuous pressure and injury impacts psychological well-being, security.

KEYWORDS – COVID – 19, Pandemic, health care professionals, corona virus

INTRODUCTION -

“Each day may not be good but there is something good in everyday”

30 January 2020 was the day when India reported first case of Pandemic which was been originated from China as the person has travel history from the city of origin. Pandemic been named as Covid -19 and it comes from corona virus. Most of the cases been reported experience of mild to moderate respiratory illness and recover without requiring special treatment based on their own immunity as the vaccine is not yet available. Elderly people and people with other disease are at high risk of been infected and even death. This is a health emergency which has threatened all the health care workers including nurses , doctor , paramedical staff as inadequate and lack of personal protective equipment reported in many areas (and still been reported ) as all are anxious about their as well as their family members welfare too. In an ongoing KFF survey (https://www.k.org/other/survey...
nding/k-wellbeing following survey early-april-2020), about half (45%) of the grown-ups in the United States detailed that their psychological wellness has been contrarily affected because of stress and worry over corona-virus.

**PROBLEMS BEEN FACED BY NURSES**

Hospitals across the country encountered severe challenges as the first wave of the COVID-19 pandemic swept over them, and they anticipated much worse to come, according to a new report (Hospital Experiences Responding to the COVID-19 Pandemic: Results of a National Pulse Survey March 23–27, 2020) from the Office of Inspector General of the Department of Health and Human Services (HHS).

1. **Stress and vulnerability** – Health care workers are meeting people's high expectations and facing new challenges daily. Nurse’s job is presently more significant than any time in recent memory. For patient nurses are the last string of empathy They're the ones doing the screenings, dealing with the basically sick, actualizing triage conventions, conveying to families, and taking care of death. They're been deployed to work in zone that aren't their typical strength. They're being redeployed to learn new aptitudes and take new jobs and dealing with fundamentally sick patients. They're making triage arrangements operational. Along with this nurses have to think how they can save and benefit more people which means they are suppose to make space for critical patient by discharging that patient who also need to be admitted due to other problems and condition. Decisions are to be made all of sudden as how to use equipments and other resources when they are available in less number and all these things are increasing the stress among health professionals.

2. **Ethical obligations** –

   a) **Obligations on the basis of patients** – For nurses moral structure has concentrated on the prosperity and well being of individual patients. Verifiably, choices were made dependent on the self-rule of patient's choices and qualities. As the pandemic is becoming worse, these choices are been made according to triage protocols. Nurses need to develop their moral point of view to completely coordinate a general wellbeing system that boosts the healthcare system and so that patient receives maximum benefit from less resources. This work leaves nurses feeling like they're relinquishing and abandoning their individual patients. They're
not ready to give the degree of care they used to give. But In this the crisis, it’s important to reconsider what fairness and justice means. These obligations if been brought to notice are very complex. As now nurses cannot say to patient “whatever you want is available for giving quality care” but now they say “I am here to help you with whatever available resources we have”

b) **Obligations on the basis of their own family members** – For nurses their patients have always been first priority which doesn't mean that they don't have commitments to own prosperity and families. Nurses are pondering inquiries like, "Am I possibly making hurt my family by getting back home from work each day?" and "How would I balance the requirements of my friends and family with the unlimited needs of patients?" The stakes are extremely high, and shockingly there are nothing more than poor answers. Some portion of having the option to discover honesty is tolerating the truth of present circumstance and living with vulnerability—recognizing they are settling on choices under obliged and troublesome conditions.

3. **Burnout levels** -Indeed, even before this emergency hit, burnout levels among health care staff were raising at disturbing rates. This pandemic has stressed the healthcare system at high level. What's most concerning now are the drawn out outcomes. It's post-awful worry as well as this inclination in certain individuals that they're acting against their own souls in specific activities during the crisis. The aftermath of that is huge good pain or good injury, which aggregates over the long haul. Also, we can hardly wait to take measures to deal with that trouble.

4. **Shortage of resources** – The report also described some factors contributing to mask shortages. Because of the fear factor, for example, all staff members in one hospital were wearing masks, instead of just those in designated areas. To combat the supply chain disruptions, some facilities were buying PPE from nontraditional sources such as online retailers, home supply stores, paint stores, autobody supply shops, and beauty salons. Other hospitals were using non–medical-grade PPE such as construction masks and handmade masks and gowns. Other hospitals reported they were conserving and reusing PPE to stretch their supplies.

5. **Extra duty hours and shifts** – Corona virus has brought the world to its knees. According to reports, the number of confirmed cases is over 4,180,315 and deaths reported have gone
up to 283,860. Governments, health officials, medical staff, social organizations, corporate, and NGOs are doing everything they can to stop the spread of COVID-19. The frontline workers – heath care workers- are bearing the brunt as they put in long hours and consecutive shifts to help COVID-19 patients. Hospitals are filling up every day, and medical staff is battling the disease day in and day out. Many healthcare workers have volunteered to come out of retirement to help deal with the rise in the number of cases. In India, actor Shikha Malhotra volunteered to be a nurse at a Mumbai hospital to help COVID-19 patients. She has a BSc (Hons) nursing degree, and urged others also to help in the fight.

6. **Wearing battle scars with pride** – One such picture was of Italian attendant Alessia Bonari, who posted on Instagram about the physical, mental and enthusiastic cost of the pandemic, and the expanded hazard clinical laborers were confronting. "I'm genuinely drained in light of the fact that defensive gadgets hurt, cleans are perspiring, and once dressed I can't go to the washroom or drink for six hours. I am mentally drained, similar to every one of my partners who have been in a similar condition for quite a long time, yet this won't prevent us from carrying out our responsibility like we have constantly done. I will proceed to mind and deal with my patients since I am pleased and love my activity," she wrote in the post.

7. **Feeling of anxiety and scared of the situation and quarantine** - Another nurse, Letha Love, from Atlanta, Georgia, disclosed to CNN that, "I'm exceptionally frightened. You can call it fearless on the off chance that you need to. It's daring. In any case, I'm frightened. I'm extremely terrified. Be that as it may, I'm here." She was one of the 29 human services laborers flying from Atlanta to New York City to help battle the pandemic. The image of the human services laborers became a web sensation after Southwest Airlines shared it on Instagram. Letha's companion, Trina Southerland, was likewise on the plane. "This is the feature of my nursing vocation," she revealed to her 16-year-old girl, who likewise tries to be a medical attendant, as per CNN. "COVID-19 is fatal. What I can say is, there is no age limit. There is no shading. There is no size...There is no status, no class, no nothing. It will get anybody. We need support. Since it could be us lying in that bed, being dealt with by one of our individual attendants," she told a journalist. Human services laborers are at an expanded danger of getting the infection. The level of anxiety can be seen clearly.
8. **Been assumed as stigma** – Some nurses may sadly encounter evasion by their family or network inferable from shame or dread. This can make a previously testing circumstance unmistakably progressively troublesome. In the event that conceivable, remaining associated with your friends and family, including through advanced techniques, is one approach to keep up contact. Go to your associates, your supervisor or other confided in people for social help – your colleagues may also be sharing the same experience.

**MANAGING STRESS AND SELF CARE**

Nurses make up the majority of the human services workforce and are common issue solvers and trend-setters. During the COVID-19 pandemic nurses are facing lot of stress finding a way to deal with this pressure is similarly as significant as dealing with your physical wellbeing!

**STEP 1 - Recognize and Understand Your Reactions**

- Welcome that you will have responses, for example, stress, nervousness, and pain, to the expanded and continuous stressors you are experiencing.
- Exercise self-empathy and perceive that nearly everybody affected by a crisis will encounter mental pain. These responses are in no way, shape or form a sign of shortcoming.
- Realize that you may likewise encounter moral pain as you need to settle on troublesome consideration choices.

**STEP 2 - Know and Monitor Your Wellbeing**

- Check in with yourself and screen for the basic physical and mental admonition indications of outrageous pressure (see table to one side).
- Contact a supplier if these side effects sway your capacity to give care to your patients and your family similarly you did before the pandemic.
- In the event that you feel overpowered by misery, melancholy, tension, or sadness, call 911 or 1-800-985-5990 (SAMHSA Disaster Distress Line)

**STEP 3 - Actuate Your Parasympathetic Nervous System to Combat Stress**

- Practice breath mindfulness
• Eat normally planned dinners and stay away from nourishments that expansion aggravation in the body.
• Utilize an everyday schedule to get ready for bed so as to advance quality rest.
• Attempt a psyche body practice like care or yoga.

STEP 4 - Take Time for Your Mental Health

• Create progressing steady associations with partners who can approve and standardize your horrendous encounters.
• Take a break from media inclusion around COVID-19.
• Schedule time for self-care, for example, chatting with a companion, perusing a book, journaling, or pondering.
• Seek out a prepared emotional well-being proficient to help guarantee that you are recognizing your extraordinary pressure or injury, handling it and have the help you have to deal with the enduring effects after some time

STEP 5 - Adapting to Moral Distress

• Numerous medical caretakers are experiencing remarkable conditions that may cause moral injury. This ethical misery can be hard to adapt to and you may require extra help to address the harm it can cause. Side effects of good misery incorporate self-analysis and serious sentiments of disgrace, blame, or disturb. It can likewise add to gloom or post-horrrendous pressure issue.
• Early help is key for tending to injury from moral misery. Techniques incorporate group backing to talk about the difficulties of giving consideration to patients, ordinary contact from chiefs, instructions on moral wounds, and the sky is the limit from there

Step 6 - Locate a mental health professional

• Contact your protection supplier to get data about your choices, including referral data, inclusion, and suppliers in your system.
• When you have discovered an expert, call to plan an arrangement. In the event that no arrangements are accessible, join the shortlist.
PROBLEMS BEEN FACED BY PATIENTS AND FAMILY MEMBERS

This pandemic has created panic among society and has impacted all the factors globally which include – economy, education, family functions, religious functions, migration etc. Due to lockdown and lack of resources are already increasing the level of anxiety and along with this if a person is becoming positive the bars are raised. This time of crisis is spreading panic among all.

1. **Isolation** - After Dr. Tim Cheng, a pneumonic and basic consideration specialist in Orange County, California, saw his first COVID-19 patient, he settled on the choice to self-disengage, moving into a tent in the carport, to dodge the chance of tainting his family with the coronavirus. Cheng is one of numerous medicinal services laborers who have chosen to move out of their homes and into transitory spaces to forestall network spread in the midst of the pandemic. Keeping oneself away from family members during this hard time is making the situation more worst but this will help out to avoid the spread of disease.

2. **Thinking about family** – as the bread winner been admitted in the hospital is taking stress for his /her family. As poverty and lack of food resources are been reported continuously.

3. **If dead family members will not be able to see** -

A corona virus casualty in Ahmadabad was denied entombment at a burial ground after a dissent by local people in the midst of dread of the spread of the viral contamination, the police said on Sunday, March 29. The 46-year-old COVID-19 patient passed on at the Sardar Vallabhbhai Patel Hospital on Saturday and her human remains were conveyed to the graveyard close to her home at Kagdapith at night. In any case, local people assembled at the entombment site in enormous numbers and began fighting referring to the infection may spread after interment and contaminate them and their kids. Regardless of rehashed affirmations by the specialists the individuals that the contamination won't spread the body, local people denied the interment. Nightfall of trial, the body was then taken to a memorial park in Danilimda region. There as well, the police and wellbeing authorities confronted fights from local people.

4. **Suicidal ideation** - On March 25 (2020), after returning from Dhaka, a 36-year-old Bangladeshi man (Zahidul Islam, from the village of Ramchandrapur) committed suicide because he and the people in his village thought he was infected with COVID-19 based on
his fever and cold symptoms and his weight loss (Somoy News, 2020). Due to the social avoidance and attitudes by others around him, he committed suicide by hanging himself from a tree in the village near his house. Unfortunately, the autopsy showed that the victim did not have COVID-19 (Somoy News, 2020). The main factor that drove the man to suicide was prejudice by the others in the village who thought he had COVID-19 even though there was no diagnosis. Arguably, the villagers were xenophobic towards Mr. Islam. Although xenophobia is usually defined as a more specific fear or hatred of foreigners or strangers, xenophobia is actually the general fear of something foreign or strange (in this case COVID-19 rather than the victim’s ethnicity). Given that the victim believed he had COVID-19, it is also thought that he committed suicide out of a moral duty to ensure he did not pass on the virus to anyone in his village.

MENTAL CONSIDERATIONS (FOR PATIENT AND FAMILY MEMBERS)

These can be troublesome occasions for us all as we catch wind of spread of COVID-19 from all over the world, through TV, web based life, papers, loved ones and other sources. The most well-known feeling looked by everything is Fear. It makes us on edge, panicky and can indeed, even perhaps make us think, say or do things that we probably won't consider suitable under typical conditions.

1. Understanding the significance of Lockdown
   ➢ Lockdown is intended to keep the spread of disease starting with one individual then onto the next, to secure ourselves as well as other people. Taking care of Social detachment
   ➢ Remaining at home can be very pleasant for quite a while, however can likewise be exhausting and confining.

Here are a few different ways to keep positive and lively.

- Be occupied. Have a customary calendar. Help in doing a portion of the work at home.
- Occupy yourself from negative feelings by tuning in to music, perusing, viewing TV. On the off chance that you had old interests like artistic creation, cultivating or sewing, return to them. Rediscover your side interests.
- Eat well and drink a lot of liquids.
• Be genuinely dynamic. Do basic indoor activities that will keep you fit and feeling fit.
• Sharing is mindful. Comprehend in the event that somebody around you needs exhortation, nourishment or other fundamentals. Be eager to share.
• Older individuals may feel befuddled, lost and need assistance. Offer them help by getting them what they need, their meds, every day needs and so forth.
• On the off chance that you have kids at home, keep them occupied by permitting them to help in the family unit tasks - cause them to feel mindful and gain new abilities.

2. Concentrate on realities; dismiss bits of gossip and speculations
   I. Try not to follow thrilling news or internet based life posts which may affect your psychological state. Try not to spread or offer any unsubstantiated news or data further.
   II. Try not to continue talking about constantly about who became ill and how. Rather find out about who recovered and recouped.

3. Handling emotional problems -
   I. Consider something quiet and peaceful, and moderate down your brain.
   II. Remain associated with others. Correspondence can assist you with connecting with loved ones. Call up individuals whom you haven't addressed and shock them. Talk about upbeat occasions, normal interests, trade cooking tips, share music.
   III. Religious practice at home can help in order to reduce anxiety and will give relaxation

4. What to avoid -
   I. Avoid tobacco, liquor and different medications unnecessary
   II. Try not to disregard or judge individuals with a COVID disease. While you have to keep up a physical separation and protect yourself to forestall such disease, recollect that they need care and concern. On the off chance that you know somebody who may have the contamination, delineate for them precautionary measures, and how to get clinical help, whenever required.
5. Perceive psychological well-being issues in your precious ones-

Similarly as you can perceive your own psychological well-being issues, be touchy to such issues in your precious ones, which may include:

I. Changes in sleeping pattern
II. Trouble in resting and thinking
III. Exacerbating of medical issues
IV. Expanded utilization of liquor, tobacco or medications
V. Be steady to them. On the off chance that the issues continue, it would be ideal if you contact your primary care physician or a psychological wellness proficient.

6. People with psychological sickness

People who had past psychological sickness may confront more current difficulties during selfisolation or Covid contamination:

I. They would likewise have indistinguishable feelings of dread and worry from others which may decline their past emotional well-being condition
II. Social distancing may make them progressively pulled back, touchy and crabby
III. They may not look for/get simple access to medications and advising Help and backing is fundamental for people with psychological sickness from their families and other consideration providers. Wellbeing helplines can offer help, notwithstanding ordinary taking of endorsed drug, an ordinary day by day schedule, keeping drew in and positive. Keep in mind, great mental status in the troublesome occasions may win you the fight all the more without any problem.
IV. Try not to allude to individuals with the sickness as "COVID-19 cases", "casualties" "COVID-19 families" or "the sick". They are "individuals who have COVID-19", "individuals who are being treated for COVID-19", or "individuals who are recuperating from COVID-19", and in the wake of recouping from COVID-19 their life will go on with their employments, families and friends and family. It is essential to isolate an individual from having a character characterized by COVID-19, so as to lessen disgrace.
V. Limit watching, perusing or tuning in to news about COVID-19 that makes you feel on edge or then again bothered; look for data just from confided in sources and mostly so you can take viable steps to set up your arrangements and secure yourself and friends and family. Look for data refreshes at explicit occasions during the day, more than once.

CONCLUSION

Research shows that activity misfortune is related with expanded misery, tension, pain, and low confidence and self destruction. Late surveying information shows that the greater part of the individuals who lost pay or business announced negative psychological wellness impacts from stress or worry over corona virus; and lower salary individuals report higher paces of significant adverse emotional well-being impacts contrasted with higher salary individuals. Poor psychological well-being expected to burnout among cutting edge laborers and expanded nervousness or psychological instability among those with poor physical wellbeing are likewise concerns. The pandemic bright lights both existing and new boundaries to getting to psychological wellness. Feeling under tension is an imaginable encounter for you and a considerable lot of your associates. It is very difficult to feel along these lines in the present circumstance. Stress and the sentiments related with it are in no way, shape or form a reflection that you can't carry out your responsibility or that you are powerless. Dealing with psychological wellbeing and psychosocial prosperity during this time is as significant as dealing with your physical well-being.

REFERENCES


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